

# MOVE! Pleasure!!



“Life is better when it is liberally sprinkled with many pleasures...”



Eating is pleasurable. For many people, it becomes the main pleasure in life. And so they do it all the time, to excess! Not good..... Building in lots of other pleasurable experiences helps keep a person from needing to get all his/her pleasure from eating. What to do?

## Plan for Pleasure!



- ❖ Make a list of activities or experiences that are pleasurable for you.
- ❖ Spend some time looking for opportunities to experience pleasure.
- ❖ Check out event calendars in the newspaper, on the radio or the TV.
- ❖ Go to some of those events that interest you.
- ❖ Plan pleasurable activities, such as going fishing or bowling, attending a movie, watching a funny TV show, having a visit with friends, spending time just relaxing, taking a mini vacation, and so on.



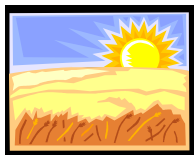
## Experience small everyday pleasures!



- ❖ “Stop and smell the roses...”
- ❖ Slow down enough to actually let yourself feel the pleasure in so many everyday things. When you feel it, tell yourself “this really feels good”. Here are some examples:



- Sleep
- Taking a hot shower
- Just relaxing
- Tasting a particularly flavorful food
- Smelling certain fragrances
- Driving (sometimes)
- Having a pleasant conversation
- Having sex
- Sunshine
- Warmth when it is cold, or cool air when it is hot.
- Doing something well



What are some of the pleasures you can fill your life with? Write them here. Figure out how to be able to experience these. Then go do it!!

- 1.
- 2.
- 3.

